



PULL UP PROGRAM

TRXforce.com



PULL UP PROGRAM

SITUATION -

The ability to perform a pull-up is a key requirement for military personnel, both for fitness tests and for on-the-job tasks. This program is designed to improve pull-up performance and is effective for all fitness levels. By following this program with a focus on proper form and intensity, you will improve the functional strength required for optimal performance and durability, and will increase the number of pull-ups you are able to perform.

MISSION -

Follow the 4 week TRX Pull-up Improvement Program in order to increase the number of pull-ups you can do.

EXECUTION -

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Circuit A	Max effort pull-ups	Circuit B	Strict form practice	Circuit C
Week 2	Circuit A	Max effort pull-ups	Circuit B	Strict form practice	Circuit C
Week 3	Circuit D	Max effort pull-ups	Circuit E	Strict form practice	Circuit F
Week 4	Circuit D	Max effort pull-ups	Circuit E	Strict form practice	Circuit F

ADMIN/LOGISTICS -

For best results, perform this program on five consecutive days per week prior to your regular PT. Take two rest days per week when your schedule permits. Your pull-up scores will improve because you are practicing the skill and strength of the pull-up and enhancing the required upper-body mobility and core strength.

COORDINATING INSTRUCTIONS -

Circuit Workouts (A-F) - To successfully complete a workout, perform four (4) complete circuits.

- > One circuit = completing each exercise in order as listed for the prescribed reps/time with minimal (60-seconds) rest.
- > Rest up to three minutes between circuits.
- > Select the highest intensity on the TRX Suspension Trainer which allows you to complete every exercise with proper form.

Max Effort Pull-Ups -

- > Use these testing days to chart your progress.
- > Warm up using the TRX Forward Lunge with hip Flexor Stretch, TRX Long Torso Stretch and TRX T-Spine Rotation.
- > After a short break post warm-up jump up and perform as many pull-ups as you can with good form. Good form = starting from a dead hang and pulling up until your chin is above the bar.
- > The goal is go until complete fatigue, setting a new max effort each week.

Strict Form Practice -

- > Use these days to practice the skill of the pull-up.
- > Using your max effort from Day 2, perform five (5) sets of one-half of your max repetitions. For example, if your max effort from Day 2 is five reps, then complete five sets of three repetitions. Always round up. You should complete most of the sets with minimal fatigue.
- > Rest up to three (3) minutes between each set. The goal is to perfect your form and confidence of the exercise.



PULL UP PROGRAM WEEK 1 & 2

CIRCUIT A - EXERCISE MAP P4 [complete 4 times]	Time/ Reps	Intensity	Comments/Objectives
TRX® Forward Lunge with Hip Flexor Stretch	30-60 sec	Easy	Open up and mobilize hips, torso, legs and arms
TRX Squat Row	30-60 sec	Moderate	Condition posterior chain/legs, hips, back and shoulders
TRX Pull Up	6-10 reps	Moderate	Practice and strengthen pull-up movement
TRX Body Saw	6-10 reps	High	Core stability with loaded shoulder mobility
TRX Low Row to Biceps Curl to Y fly	8-12 reps	Moderate	Strengthen pulling movements in multiple planes of motion

CIRCUIT B - EXERCISE MAP P5 [complete 4 times]	Time/ Reps	Intensity	Comments/Objectives
TRX Long Torso Stretch	30-60 sec	Easy	Open up and mobilize hips, torso, legs and arms
TRX Side Plank	3x10 sec each side	Moderate	Strengthen and stabilize shoulders, core and hips
TRX Hip Press	30-60 sec	Moderate	Strengthen and mobilize hips and stabilize core
TRX Inverted Row	8-12 reps	High	Strengthen pulling motion in arms, shoulders, back and hips
TRX Pike	8-12 reps	Moderate	Core stability with loaded shoulder and hip mobility

CIRCUIT C - EXERCISE MAP P6 [complete 4 times]	Time/ Reps	Intensity	Comments/Objectives
TRX T-Spine Rotation	5 reps each side	Moderate	Open up and mobilize hips, torso and arms
TRX Wall Slides	30-60 sec	Moderate	Mobilize shoulder girdle, stabilize core
TRX Squat Y Fly	30-60 sec	Moderate	Condition posterior chain (legs, hips, back, shoulders)
TRX Overhead Squat	8-12 reps	High	Core stability with loaded shoulder and hip mobility
TRX Pull Up	8-12 reps	Moderate	Practice and strengthen movement



PULL UP PROGRAM WEEK 3 & 4

CIRCUIT D - EXERCISE MAP P7 [complete 4 times]	Time/ Reps	Intensity	Comments/Objectives
TRX® Forward Lunge with Hip Flexor Stretch	30-60 sec	Moderate	Open up and mobilize hips, torso, legs and arms
TRX T-Spine Rotation	5 reps each side	Moderate	Open up and mobilize hips, torso and arms
TRX Pull Up	8-12 reps	Moderate	Practice and strengthen movement
TRX Side Plank	4x10 sec each side	Moderate	Strengthen and stabilize shoulders, core and hips
TRX Body Saw	6-10 reps	High	Core stability with loaded shoulder mobility

CIRCUIT E - EXERCISE MAP P8 [complete 4 times]	Time/ Reps	Intensity	Comments/Objectives
TRX Inverted Row	8-12 reps	High	Strengthen pulling motion in arms, shoulders, back and hips
TRX Wall Slides	30-60 sec	Moderate	Mobilize shoulder girdle, stabilize core
TRX Low Row to Biceps Curl to Y fly	8-12 reps	Moderate	Strengthen pulling movements in multiple planes of motion
TRX Pike	8-12 reps	Moderate	Core stability with loaded shoulder and hip mobility
TRX Squat Row	30-60 sec	Moderate	Condition posterior chain/legs, hips, back and shoulders

CIRCUIT F - EXERCISE MAP P9 [complete 4 times]	Time/ Reps	Intensity	Comments/Objectives
TRX Squat Y Fly	30-60 sec	Moderate	Condition posterior chain (legs, hips, back, shoulders)
TRX Pull Up	8-12 reps	High	Practice and strengthen movement
TRX Long Torso Stretch	30-60 sec	Easy	Open up and mobilize hips, torso, legs and arms
TRX Hip Press	30-60 sec	Moderate	Strengthen and mobilize hips and stabilize core
TRX Overhead Squat	8-12 reps	High	Core stability with loaded shoulder and hip mobility

TRX FORWARD LUNGE WITH HIP FLEXOR STRETCH
MID LENGTH - SFA



TRX SQUAT ROW

MID LENGTH - SF



TRX PULL UP
MID LENGTH - SFA



TRX BODY SAW

MID CALF - GFA



TRX LOW ROW TO BICEPS CURL TO Y FLY

MID LENGTH - SF



TRX LONG TORSO STRETCH MID LENGTH - SFS



TRX SIDE PLANK MID CALF - GFS



TRX HIP PRESS MID LENGTH - GF



TRX INVERTED ROW OVERSHORTENED - SF



TRX PIKE MID CALF - GFA



TRX T-SPINE ROTATION

MID LENGTH - SFS



TRX WALL SLIDES

MID LENGTH - SF



TRX SQUAT Y FLY

MIDLENGTH - SF



TRX OVERHEAD SQUAT

MID LENGTH - SF



TRX PULL UP

OVERSHORTENED - SF



TRX FORWARD LUNGE WITH HIP FLEXOR STRETCH
MID LENGTH - SFA



TRX T-SPINE ROTATION

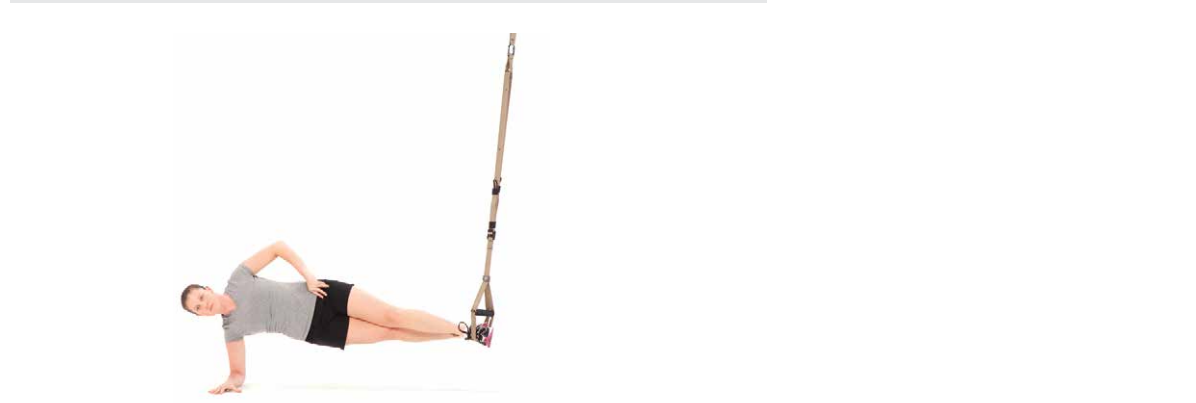
MID LENGTH - SFS



TRX PULL UP OVERSHORTENED - SF



TRX SIDE PLANK MID CALF - GFS



TRX BODY SAW MID CALF - GFA



TRX INVERTED ROW

OVERSHORTENED - SF



TRX WALL SLIDES

MID LENGTH - SFA



TRX LOW ROW TO BICEPS CURL TO Y FLY

MID LENGTH - SF



TRX PIKE

MID CALF - GFA



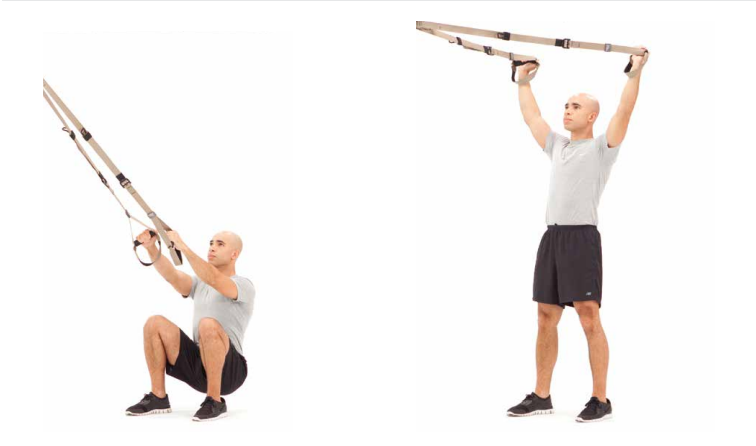
TRX SQUAT ROW

MID LENGTH - SF



TRX SQUAT Y FLY

MID LENGTH - SF



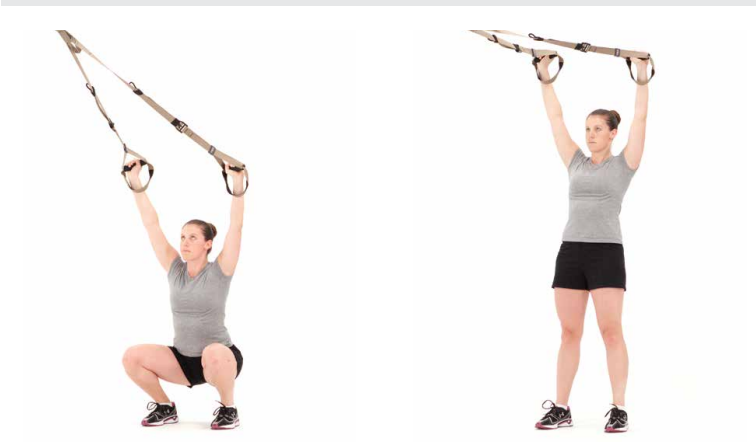
TRX LONG TORSO STRETCH

MID LENGTH - SFS



TRX OVERHEAD SQUAT

MID LENGTH - SF



TRX FORCE® PULL UP PREP

TRX PULL UP

OVERSHORTENED - SF



TRX HIP PRESS

MID CALF - GF

